

# FVO Event in the South of Scotland Orienteering League (SoSOL)

Sun 16th Dec 2018

**Info updated:** 8th Dec.

**Type of event:** Regional

**Type of terrain:** Parkland, Woodland

## General Information

**Dress:** Please check the weather forecast and dress appropriately, including full leg cover as required by rules. It is recommended to carry a whistle and a cagoule. The area is not particularly exposed, but in December the conditions may be cold and/or wet or windy. In the event of very poor weather conditions, cagoules may be compulsory. If this happens there will be notices in at Registration.

**Terrain:** Barrwood is a wonderful, compact area of highly diverse terrain that offers a little of every type of orienteering. A very active Scout camp, it has undergone some significant path work over the last couple of years, but the woods, open land and marshes (!) remain as delightful as ever.

**Map:** Newly mapped in 2016 - and subsequently updated in 2017 - by Graham Gristwood.

**Course maps:** These will be printed at A4 size and 1:7500 scale. ALL pre-entries and early entrants on the day will get maps printed on waterproof paper – once these have all been reserved, further people wishing to enter on the day will be offered the option of a paper map in a poly bag.

**Course Maps:** For the White and Yellow courses will be issued at Registration, even for pre-entries – please remember to collect your map before going to the start. Maps for other courses will be issued after punching the Start punch.

**Control Descriptions:** Separate control descriptions will be available in the start box. Control descriptions may obscure the legend on the longer TD5 courses (blue and brown).

**Timing:** SI electronic timing will be used. If you don't have your own dibber, these can be hired free of charge from Registration, but there will be a £30 charge if it lost. SIAC will be activated.

**Other Users:** We do not anticipate any other users of the area whilst we are orienteering, but, as always, if you do meet anyone, we are all representatives for our sport!

**Dogs:** Dogs are allowed and should be kept under close control at all times.

**Safety:** All competitors take part in this event at their own risk. Note too that there are some steep slopes and crags, please take care if your course takes you near these.

**Lone Competitors:** If you are travelling on your own, you can leave keys or some other item at registration and collect on your return.

**Cancellation Procedure:** If very severe weather is predicted or if some other unexpected issue makes it necessary to cancel the event on safety grounds, this will be notified on the FVO web site. We would plan to have such a notice in place by 1300 on Saturday 15th December, but in exceptional circumstances we may have to cancel later. Please check this website on the morning of the event before you leave home.

**First Aid:** Basic first aid can be provided by event officials with relevant certificates. The nearest Accident and Emergency department is at the Forth Valley Royal Hospital at Larbert, about 10 km away – head south on the A872 for Denny, then follow the A883 towards Falkirk before hopping onto the M876 northbound for one junction.

**Assembly/Arena:** We will have access to the (unheated!) Scout barn, a short walk from the car park, which will act as the event hub and from where we will be providing soup, cakes and festive fayre for sale in aid of Dougal Spenceley's World Challenge expedition to Madagascar. Come along and enjoy a fun, sociable event to round off a fine year of orienteering.

**Club Tents:** No tents, please.

**Toilets:** The toilets in the barn will not be available due to the water being shut off for winter, but there are various chemical toilet blocks nearby, including en-route from the car park to the barn.

**Starts:** See below

**Finish and Download:** The finish is at the Scout Barn. You must go to Download even if you have not completed your course, so we know you are safely back. Please download before you get stuck into the tea and cakes!

**Shadowing:** Parents or guardians may follow a child around their course but must declare to the organisers if they have assisted in any way. Adults who shadow should do so after they have completed their own course. If a shadower runs their own course after having been out with a child, they should declare themselves non-competitive.

**Acknowledgements:** We are grateful to the Scouts for our continued access to this excellent area.

## Location

**Nearest town:** Denny

- **Grid Ref:** NS795865
- **Postcode:** FK6 6RA
- **Latitude:** 56.05477
- **Longitude:** -3.93454
- [Google Map \(aerial\)](#) - [Bing Map \(OS\)](#)

## Directions

Barrwood is west of the M80, south of the Stirling services junction and can be reached from there by following the A872 south towards Denny, from where the junction will be signposted (approximately 2.5km south of the motorway junction). This is the preferred approach from all directions.

## Registration & Start Times

**Registration:** 1030 to 1230

**Start Times:** 1100 to 1300

**Course Closure Time 1530:** Courses close at 1530, but early controls will be taken in from 1500 (Sunset on the day is at 1539). If you expect to take a long time, please try to start early.

**Start:** There is a single start about 50m away from Scout Barn. There are no pre-allocated start times. There will be a punching start. Once you arrive at the start you may have to queue to start your course, especially if you have chosen a popular course (usually Green and Blue). Start officials will organise a queuing system.

**PUBLIC LIABILITY INSURANCE INFORMATION:** If you have joined an orienteering club or are competing in one of your first 3 events, then you are covered by our public liability insurance. If you would like to join FVO you can find out how to do this [here](#) or you can pick up an application form at this event. Entry fees are lower for members of an orienteering club.

**DATA PROTECTION:** Forth Valley Orienteers (FVO) processes personal data and recognises the club's responsibilities under the General Data Protection Regulation (GDPR). Completion of the Registration/Entry Form for this event confirms your agreement to have your entry details stored on a computer system and for your name and age class to appear in the results on the FVO website and the British Orienteering website. More information about FVO's [Data Privacy Policy](#).

**New to this level of event? Below is a summary of the Registration and Entry Procedures:**

### Pre-entered?

1. If you are doing White or Yellow course, collect map at Registration.
2. If you are hiring a dibber, collect it at Registration.
3. Otherwise, or afterwards, go straight to start (follow taped route).
4. Clear your dibber at the Clear unit near the start.
5. Join the queue (if any) for your course, then enter the first start box (there will be a start official to keep you right).
6. On the start line, wait for the beep, then punch the start unit and go (there will be an official here to keep you right).

### Not pre-entered?

1. Go to Registration, write all your details on entry form and pay the fee.
2. Collect dibber (if hiring).
3. Collect map (if on White or Yellow course only). If not entering White or Yellow, collect a map reservation card to take to Start.
4. Go to the start (follow taped route).
5. Clear your dibber at the Clear unit near the start.

6. Show your map or reservation card, then join the queue (if any) for your course, then enter the first start box.
7. Join the queue (if any) for your course, then enter the first start box (there will be a start official to keep you right).
8. On the start line, wait for the beep, then punch the start unit and go (there will be a start official to keep you right).

Remember to get there early if you are new to this level of event and also remember that you must go to Download after you have finished, even if you do not complete your course. We might otherwise be sending out a search party to look for you at the end of the event!

## Course Information

There will be Brown, Blue, Green, Short Green, Light Green, Orange, Yellow and White courses. Final course lengths are now shown below. Climb and number of controls added below on Saturday 8<sup>th</sup> December.

COURSES			
COURSE	LENGTH	CLIMB	# Controls
<b>BROWN</b>	6.2km	170m	26
<b>BLUE</b>	4.7km	120m	22
<b>GREEN</b>	3.2km	80m	14
<b>SHORT GREEN</b>	2.3km	60m	12
<b>LIGHT GREEN</b>	3.1km	75m	14
<b>ORANGE</b>	2.6km	55m	12
<b>YELLOW</b>	1.9km	45m	11
<b>WHITE</b>	1.3km	30m	9

**Yellow course:** There will be tapes (red and white) to help young runners get from no 2 to the path leading to no 3. Parents, please make your children aware of this.

**String Course:** There will also be a free String course for younger juniors. This will be located immediately adjacent to the Scout barn.

**NEW TO THIS LEVEL OF EVENT?** If you have only been to a local event before you may be unfamiliar with the level of experience you need to cope with each of these courses. Please check the descriptions below for more details. At FVO local events we offer white, yellow and orange courses so you will be familiar with these. Light Green is a bit harder than Orange but still possibly within the scope of some adult novices who have done a course before. Short Green, Green, Blue and Brown courses are all aimed at more experienced orienteers.

## Entry Details

Pre-entries will close at midnight on Wednesday 12th December, after which no further maps can be reserved. See below for information about entering on the day of the event.

If you are new to orienteering and have only been to a local event before you may not be familiar with online entry. It really is quite straightforward, and it is important to do this to ensure that there is a map available on the day for the course you want to do. We will do our best to accommodate entries on the day but you may not be able to run your preferred course.

### Entry Fees

	Pre-Entry	Entry at Event
	To midnight 12th Dec	On Sun 16th Dec
<b>Seniors (born 1997 or earlier)</b>	£8	£9
<b>Juniors (born 1998 or later)</b>	£5	£6
<b>Full-time students</b>	£5	£6

There will be limited entry on the day (EOD) depending on maps available. Some waterproof maps have been printed for entry on the day. Once these have all been reserved, there will be the option to run with a paper map in a poly bag.

**TIMING:** SI electronic punching will be used. If you don't have your own dibber, these can be hired free of charge from Registration, but there will be a £30 charge if it lost. It will be confirmed later if SIAC contactless punching will be activated.

## Contacts / Officials

Organiser: Brad Connor (FVO) Email: [brad.connor@gmail.com](mailto:brad.connor@gmail.com)

Planner: Jason Inman (FVO)

Controller: Fraser Purves (FVO)

## Safety and Risk

A comprehensive risk assessment will have been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.

**Privacy:** when entering our events your name may appear in the results section of this website or in newspaper reports.

Read our [Data Privacy Policy](#) to see how we look after your personal data.